



E-Newsletter

PRMC MATERIAL SPOTLIGHT

Parent Self-Assessment: Role Modeling



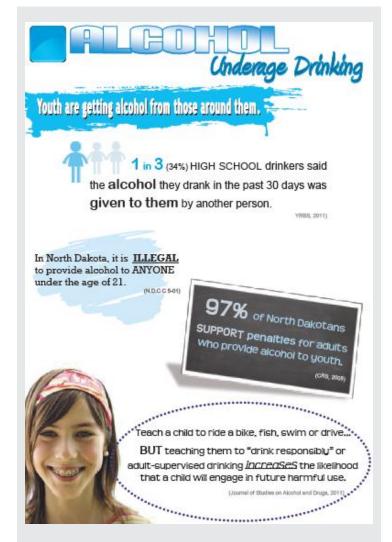
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For more resources related to alcohol, click here!







For more ND data related to underage drinking, browse the <u>Substance Use in ND Data Booklet</u>.







The holiday season is upon us! This is a time to spend with friends and family, enjoy festive meals, and continue traditions. However, when alcohol becomes the center of celebrations, it may be sending the wrong message to our children.

Avoid giving your child sips of alcohol or asking them to grab you a beer from the fridge. By avoiding these behaviors, you reinforce your message that alcohol is not for children and is dangerous for growing bodies.

Complete the <u>Parent Self-Assessment</u> above to take a closer look at how you model alcohol use.



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